

The Center for Conscious Eldering and Sage-ing ^(R) International

Invite you to participate in

CHOOSING CONSCIOUS ELDERHOOD

Discovering purpose, passion and the call to service in the elder third of life

May 7-13, 2017

At Magnificent Ghost Ranch, New Mexico



It is in the natural world that we can most easily remember that which is authentic and natural in ourselves, and thus gain an eagle's eye view of our place and potential in the larger web of life. That is why, since time immemorial, at critical turning points in life, people have retreated to wilderness places to focus and intensify their inner questing and then return to their communities renewed and with new insight about how best to contribute in the next stages of their lives. That is why many individuals feeling called to prepare for and claim the role of elder have chosen to experience the Choosing Conscious Elderhood retreats over the past fifteen years..

There is a big difference between simply becoming old and aging consciously--aging with intent. This retreat, for people in or approaching their senior years (50+), provides a dynamic experiential introduction to conscious aging and the types of inner work that are important on the path toward becoming a **conscious** elder. Such an elderhood is a role that is consciously chosen and grown into through preparation at all levels—physical, psychological and spiritual. We invite you to join us for an inspiring week at Ghost Ranch, a land of great beauty long-recognized as a place with strong earth energy and spiritual power—an ideal setting for supporting the inner work we will engage in.

This retreat will help you address questions such as:

- *What distinguishes an “elder” from someone who is “older”?*
- *How can I transform fear of aging into anticipation of the rich possibilities of the elder third of my life?*
- *What does it mean to become an elder at this time of profound cultural transition?*
- *How can the elder third of my life be the pinnacle of my emotional and spiritual development?*
- *How am I called to be of service to the human and earth community as I age?*
- *What inner work do I need to do to age consciously and prepare to fully claim and embody my elderhood?*

THE FORMAT Using reflective time in nature, life review and legacy work, ceremony, sharing councils, and a 24-hour solo, we focus on the major themes of conscious eldering: belief; baggage; purpose; community; and spiritual deepening. Empowered by strong supportive community, skilled guidance, and the heart-opening power of the natural world, you will have an opportunity to let go of old beliefs, attachments, and attitudes that no longer serve you, and to get in touch with expanded vision for, and commitment to, your potential as a *conscious* elder..

RETREAT GUIDES



Ron Pevny recognized his calling as a wilderness rite of passage guide in 1979 and ever since has been dedicated to assisting people in creating lives of purpose and passion. He co-created Choosing Conscious Elderhood in 2002, and in 2010 founded the Center for Conscious Eldering as well as becoming a Certified Sage-ing (R) Leader. His life coaching practice is focused on individuals over 50 who are committed to aging consciously. He is author of the book *Conscious Living, Conscious Aging* published by Beyond Words/Atria Books.

Anne Wennhold has been guiding Choosing Conscious Elderhood with Ron for ten years. She also offers Conscious Aging seminars and Mandala Drawing and Drum-Making workshops on the East Coast, as well as facilitating Shamanic Drumming groups and “Transitions in Aging” support groups for older adults in the New York City area.

ACCOMMODATIONS: Ghost Ranch, about two hours from Albuquerque, is located in one of the most spectacular settings in the United States. It is the awe-inspiring former home of southwestern artist Georgia O’Keeffe. Ghost Ranch provides clean, rustic lodging and good meals, with various health-conscious options available. This retreat is not physically demanding.

RETREAT COST: \$ 1,595 covering tuition, meals and lodging (two per room) in a dormitory setting with bath facilities a very short walk from each room. Upgraded more private lodging (two per room) is an additional \$150.

TO REGISTER: Fill out the Choosing Conscious Elderhood registration form found on our website and send it, along with a \$300 non-refundable (unless the retreat is cancelled) deposit to the address at the bottom of the registration form. Make checks out to the Center for Conscious Eldering. To pay using Paypal, please call Ron Pevny. **The registration deadline is April 1st.** You are encouraged to register early, as this retreat will likely fill by mid-March. There is a \$100 fee reduction for full payment 90 days before the retreat.

TO LEARN MORE: www.centerforconsciouseldering.com.

QUESTIONS: Contact Ron Pevny at 970-247-7943 or ron@centerforconsciouseldering.com.